

DARIEN SOCIAL SERVICES TIPS FOR WHEN THE LIGHTS GO OUT!

- 1. Have one flashlight handy per household member and buy extra batteries.**
- 2. Keep a battery-operated radio on hand.**
- 3. Buy an inexpensive phone that you can plug directly into the phone jack in the wall. Portable phones work on electricity. They won't work when the electricity goes out. Your cell phone service may be out too.**
- 4. Keep important telephone numbers in a handy place, like the front of your refrigerator.**
- 5. If you use oxygen, have extra portable tanks. Anticipate your need.**
- 6. Keep a supply of food and drinks on hand that don't need refrigeration.**
- 7. Keep a supply of extra water on hand, three gals. per person, per day.**
- 8. Keep a manual can opener on hand.**
- 9. Keep refrigerators and freezers closed as much as possible. When the electricity comes back on make sure to check food closely. When in doubt.....throw it out!**
- 10. Unplug sensitive electrical devices.**
- 11. Check all medications. Always have at least a week's worth on hand.**
- 12. Fill your car's gas tank.**
- 13. Have some extra cash on hand. ATMs work on electricity.**
- 14. Don't get too cold. Seek other shelter, if necessary.**
- 16. If you are uncomfortable staying alone during severe weather or a blackout, make arrangements to stay with family or friends. When severe weather is predicted make arrangements before the storm hits.**
- 17. Have a "Go Bag" ready with a change of clothes and personal necessities.**
- 18. In an emergency call 911.**
- 19. Call Darien Social Services, 656-7328, with questions or concerns. We are open Monday- Friday, 8:30am to 4:30 pm. You can e-mail me at ohauser@darienct.gov**

**Olive J Hauser
Director**

DARIEN SOCIAL SERVICE
TIPS FOR SEVERE COLD WEATHER

- 1. If you heat with oil, check your level of heating oil and be sure you have enough to get by. Don't wait to order oil. Calling on a weekend or nights will cost you more.**
- 2. Have an extra supply of food on hand so you don't have to go out.**
- 3. STAY WARM:**
 - **Wear several layers of not too tight and not too bulky clothing.**
 - **Always wear a hat, gloves and warm footwear if you must go out.**
 - **Consume hot and easily digestible food and beverages with higher calories, like hot milk, soup, noodles or rice.**
 - **Remain indoors as much as possible or in places with sunlight.**
 - **Continue your usual activities. Exercise to generate heat and improve blood circulation.**
- 4. Take special care of and concern for the elderly. If you know of an elder(s) living alone or with chronic illness, give him/her a call or pay a visit.**
- 5. If you are not well or have concerns about being alone, make arrangements to stay with family or friends or for them to check on you.**
- 6. Do not use a gas or electric oven for heating.**
- 7. Burn only proper wood in your fireplace or wood burning stove.**
- 8. Use battery operated smoke and carbon monoxide detectors.**
- 9. We do not recommend the use of portable heaters. If you must use them, be very careful. Any type of heater, except electric, should be vented.**
- 10. In an emergency call 911.**
- 11. Call Darien Social Services, 656-7328, with questions or concerns. We are open Monday-Friday 8:30am to 4:30pm. You can also e-mail me at ohauser@darienct.gov**

Olive J. Hauser
Director